

TIMES	MONDAY: Pole Studio	MONDAY: Aerial Studio	TUESDAY: Pole Studio	TUESDAY: Aerial Studio	WED: Pole Studio	WED: Aerial Studio	THURS: Pole Studio	THURS: Aerial Studio	FRIDAY: Pole Studio	FRIDAY: Aerial Studio	SATURDAY: Pole Studio	SATURDAY: Aerial Studio
08:45 – 09:45						Aerial Yoga						
10:00 – 11:00	Pole and stretch	Aerial Yoga	Pole Power	Zumba	Pole and stretch	Aerial Yoga	Pole power	Ashtanga Yoga	Pole and Stretch	Aerial Yoga	Pole Dance	Zumba
11:15 – 12:15			Pole and stretch	Pilates			Pole and stretch		Pole: beginners		1 hour pole jam - £5	Belly Dancing
12:30 – 13:30	Pole: Mixed	Aerial Yoga								Aerial Yoga		
13:45 – 14:45					Pole: Mixed							
15:00 – 16:00												
16:00 – 17:00												
17:15 – 18:15	Pole Power	Yoga	Pole: Mixed	Aerial Yoga	Pole Dance		Pole: Beginners	Aerial Yoga	Pole: Mixed	Aerial Yoga		
18:30 – 19:30	Pole: Advance	Pilates	Pole: Beginners	Aerial Yoga	Pole: Advance		Pole: Mixed Ability	Aerial Yoga	Pole Induction			
19:45 – 20:45	Pole: Mixed	Zumba	Pole and Stretch	Aerial Yoga	Pole Mixed		Pole Power	Aerial Yoga				